

## **The Iowa Department of Human Services Mental Health and Disability Services Division**

Is offering the following training: **“Psychological First Aid”**

Psychological First Aid (PFA) is an emerging intervention that can be used during the immediate response phase of any critical incident or disaster. The primary objectives of PFA are to promote safety, create calm, connect to others, self-efficacy and instill hope. By completing this training, participants will be able to: recognize opportunities to use PFA, demonstrate active listening skills, normalize psychological reactions as appropriate, teach stress management techniques, recognize adaptive coping versus maladaptive coping, identify sources of interpersonal support and use crisis communication techniques with individual disaster survivors and disaster workers.

**YOU MAY ATTEND THIS TRAINING AT ANY OF THESE LOCATIONS:**

- **Tuesday, February 16<sup>th</sup>, 2010, 9:00am to 4:00pm, Waterloo, Iowa, Location to be announced**
- **Wednesday, February 17<sup>th</sup>, 2010, 9:00am to 4:00pm, Des Moines, Iowa, Location to be announced**

**There is no cost to attend**

**6.0 CEU's for licensed mental health professionals**

**RSVP REQUIRED by email to [khyatt@dhs.state.ia.us](mailto:khyatt@dhs.state.ia.us) or fax 515-242-6036**

**NAME:**

**AGENCY:**

**LOCATION of TRAINING:**

**EMAIL:**